

ANNUAL HEALTH CHECK UP, 2004, AMONG ROYAL THAI ARMY PERSONNEL IN BANGKOK AND PERIMETER

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PROGRESS REPORT

The Armed Forces Research Institute of Medical Sciences and the RTA Medical Department have performed the annual physical check up and health promotion program for army personnel in Bangkok and perimeter at their installations. General data on medical examinations, blood samplings for clinical biochemistry analysis, medical history questionnaires as well as behaviors that affect health namely exercise, smoking and alcoholic consumption has been collected for a thorough evaluation of the personnel's health. For the purpose of a database and comparative data, laboratory test results and individual data for fiscal year 2004 have been analyzed. There were 14,994 people tested from 25 army installations. Health problems found from the physical check up and lab tests show five abnormalities as follows; 1) indication of hyperlipidemia (cholesterolemia 74.78%, high LDL-C 34.75%), 2) body mass index (excess 28.83%, obesity 5.77%), 3) indication of gout (excess blood uric acid 33.07%), 4) indication of abnormal liver function (high ALT 22.40%), 5) hypertension 18.05%. The questionnaires show there were personnel without any or with insufficient exercise that would not promote heart capability at 41.28%. Consumption of alcohol was 67.29%. This was found to be higher among younger personnel and the 28.28% who smoke. The proportion of health problems was less than the previous year but higher in risk behaviors especially in younger personnel.